Sustainable INL News

Meeting the needs of the present without compromising the ability of future generations to meet their needs

Volume 1 • Issue 8 May 2010

Energy Savers Books and Links

nergy efficiency improvements not only make your home more comfortable, they can yield long-term financial rewards. Here are some highlights from the U.S. Department of Energy's Energy Savers Booklet, a complete guide to energy saving.

Water Heating

Water heating accounts for 13-17% of your utility bill. Approximately 23 gallons of heated water are needed to wash clothes, 20 gallons for showering and 12 gallons for running the dishwasher. Lowering the thermostat on your water heater to 120 F provides comfortable hot water for most users.

Lighting

Compact fluorescent light bulbs (CFLs) with the Energy Star label use 75% less energy than standard lighting, produce 75% less heat and last up to 10 times longer. They are available in sizes and shapes to fit almost any type of lighting fixture.

Heating and Cooling

46% of your utility bill goes to heating and cooling. A programmable thermostat can save as much as 10% a year on heating and cooling bills by simply turning it back

consumption, with refrigerators, washers and dryers at the top of the list. Recommended temperatures for the refrigerator are 37 F to 40 F and 5 F for the freezer section. Energy Star washers clean clothes using half the water and

"Did you know that the typical U.S. family spends about \$1,900 a year on home utility bills? Unfortunately, a large portion of that energy is wasted. And each year, electricity generated by fossil fuels for a single home puts more carbon dioxide into the air than two average cars. And as for the road, transportation accounts for 67% of all U.S. oil consumption."

-DOE Energy Savers Tips

down to 65 F for 8 hours. The smaller the difference between indoor and outdoor temperatures, the lower your bill will be. Avoid placing lamps or TVs near the thermostat because it senses heat and will cause the AC to run longer.

Appliances

Appliances account for about 17% of your household's energy

energy of a standard machine. When shopping for any new appliance, look for the Energy Star label.

Car

You can improve your vehicle's gas mileage 10% by replacing clogged air filters, 3.3% by keeping tires properly inflated and aligned and keeping the engine tuned, and even more by idling no more

than 30 seconds on winter days.

Landscaping

Deciduous trees planted on the south side will help keep your house cool in the summer and allow sun to shine in the windows in the winter when the leaves are gone.

Learn More

To see more energy savings tips, as well as help to developing a whole-house energy efficiency plan, visit The Department of Energy's Energy Savers entire booklet online at www.eere.energy.gov/consumer/tips/.

Sustainable INL Program

Chris Ischay 208-526-4382 christopher.ischay@inl.gov

Ernest Fossum
208-526-2513
ernest.fossum@inl.gov

We're on the Web! www.inl.gov/sustainable

